

# SWD appeals to people in need to seek help

In view of the latest disputes in society which may have caused emotional distress to some members of the public, the Chief Clinical Psychologist of the Social Welfare Department (SWD), Mr Chan Yiu-kee, today (July 3) called on people in need to talk to relatives and friends or seek professional support.

Mr Chan noted that society has recently been filled with a gloomy atmosphere and some people might even feel emotionally disturbed as they perceive that they have no solution. He appealed to people in need to take the initiative to talk to friends or seek help from professionals. "If you have such emotions, it may reflect that what has happened in the community matters to you very much. It will help you to overcome this difficult time if your emotions are understood and accepted by others. And if you want to support others, you have to take care of yourself first. Take a good rest so that you may clear your mind and calm your heart in order to face the situation in a better way," Mr Chan said.

He also encouraged people to show care and concern for those around them, listen to them patiently and try to understand and respect their views, as well as share their worries and support each other. If you notice that your friends are emotionally distressed, you should encourage them to seek professional assistance.

Regarding recent suicidal messages on social media, Mr Chan urged people to cherish their life.

Members of the public are welcome to call the 24-hour hotline of the SWD on 2343 2255 for assistance.